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## Latest Fashion for a Fall Breakfast

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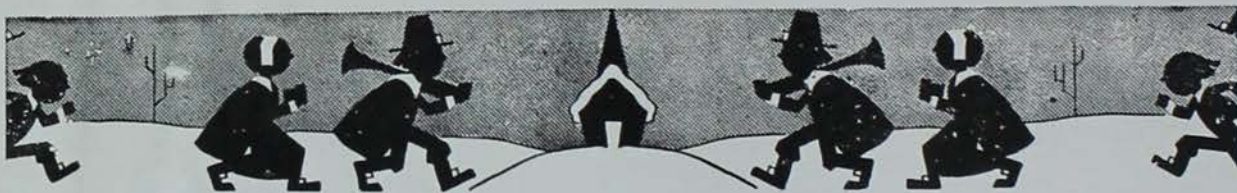
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## Latest Fashions for a Fall Breakfast

IT'S autumn—it's football weather—it's breakfast weather! That first sniff of chilly morning air and the sight of leaves just beginning to shade into red and yellow and brown gives one a ready-for-anything feeling and



a simply enormous appetite. And with that bounding appetite you're just in the mood to give a lively autumn breakfast.

And let it be lively! Invite hilarity with your guests, feed them hearty fare and watch the zest of autumn play its tricks.

Do it in autumn richness—brown, bright red and a warm cream. Get out your lovely high lustered brown crockery bowls and use the brown and red bordered cream peasant linen Aunt Emma gave you.

Fill the three bowls, two small and one larger, with clean sand and arrange the bittersweet in that. You'll find the berries will stay as you want them, sure and bright. Use these down the center of your table and surround them with autumn leaves and nuts.

TO get the spirit—and the decorations—take a tramp to the nearest woods. Load your basket with the loveliest leaves you can find, sumac and maple and oak. Don't leave without a few handfuls of native nuts.

When you get home dip the leaves in paraffin, press them with a hot iron until they're crisp and shiny. Then arrange them around your three bowls on the plain cream background with a scattering of nuts among them. Use your own ideas but don't let it get

cluttered looking.

Then set to work on your combination nut cups and place cards which are simplicity itself. Pick three uniform California walnut shells and fasten them together with a triangle of red glazed paper, one corner in each nut, and pull the paper tightly. In the center of the triangle push a slender little stick flaunting a cream colored pennant bearing the name of the guest.



Put in the hollow nut shells little red cinnamon candies—the kind you loved when you were nine because they got your tongue all red and looked almost like lipstick on your lips.

Now for the food, in red and brown as are the decorations for the table. Here's the menu:

Chilled Cranberry and orange juice	
Bran muffins	Pineapple marmalade
Hot sausages	Fried cornmeal cakes
Colored apples	
Coffee	

The cranberry and orange mixture has that exciting autumn tang which will start the breakfast off right with a zip. For it squeeze the oranges and add to them the cranberry juice which can be bought prepared or crushed from the berries. Mix proportions to suit your taste.

To make the little muffins that go with it mix  $1\frac{1}{4}$  cups graham flour, 1 cup sifted white flour, 3 teaspoons baking powder, 2 tablespoons of sugar and  $\frac{1}{2}$  teaspoon of salt together and mix

By Katherine Hoffman

well. Beat 1 egg until light, then add  $\frac{1}{2}$  cup of milk or  $\frac{1}{2}$  cup evaporated milk and  $\frac{1}{2}$  cup of water and 2 tablespoons of melted shortening. Turn the egg mixture into the flour mixture and stir until the ingredients are moistened. Do not beat. Fill small greased muffin tins about  $\frac{3}{4}$  full and bake at 425 degrees F.

The pineapple pear marmalade is easily made and is delicious with the muffins. Soak and core 2 cupfuls of dried pears, then chop very fine, cover with 2 cupfuls of water and cook until tender. Add 2 cupfuls of sugar, 1 cupful of crushed pineapple and 2 tablespoons each of orange and lemon juice. Simmer until thick or add 2 tablespoons of commercial pectin and cook as directed.

You can cook the tender little sausages at the last minute but the cornmeal patties should really be started the day before. Make a smooth cornmeal mush of a quite thick consistency and stir in it little bits of broiled bacon. Allow this to set in a Pyrex loaf pan. Then slice in  $\frac{1}{2}$ -inch slices and dip in flour and brown.

The big red apples that accompany the sausages and cornmeal cakes are jolly affairs. Select your apples with care, pare and core them and cook them whole and then dip them in a red sugar syrup for that luscious red.

Then when all is on your table don't stint your guests—they're bound to want more sausages with those fall appetites and at least two cups of your delicious hot coffee.

After your breakfast is over and Sally Lou tells you how much fun it was and suggests that you and she plan another soon, you're glad that you didn't let all the gay autumn colors and exhilaration go by without celebrating.

In the February issue of School Management, the editor comments favorably on the Homemaker's article on the organization of a boys' home economics course in the Ames High School.